Chichester HERALD

Friday 24th October 2014
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COMPETITION
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Win two tickets to see Fury
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Disease caused by over nutrition
DENISE KELLY
Page 26

End this congestion

>> *Minister visits Chichester to listen to case for A27 improvements*

Susanne Reid
NEWS@CHICHESTERHERALD.CO.UK

A MINISTERIAL visit was hosted by the A27 Action campaign in Chichester last week.

Roads Minister John Hayes met with West Sussex County Council and the Coast to Capital Local Enterprise Partnership to discuss the campaign for improving the congested trunk road.

The meeting – held weeks before an announcement is made on whether the A27 should be considered for investment by the Government – took place at County Hall.

County Council Leader Louise Goldsmith took the opportunity to impress upon the Minister the importance improvements to the A27would have for businesses.

She demonstrated the backing the A27 Action Campaign has had after over 300 companies provided evidence to support the case for improvements.

Louise said: "The Minister recognised the issues which West Sussex residents and businesses know all too well and was surprised at the congestion he faced travelling through Worthing so early on a Thursday afternoon."

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Improvements to the A27 would be a major plus for businesses

MORE HEADLINES >>

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CARE WORKER'S TRIUMPH AT AWARDS *Page 10*

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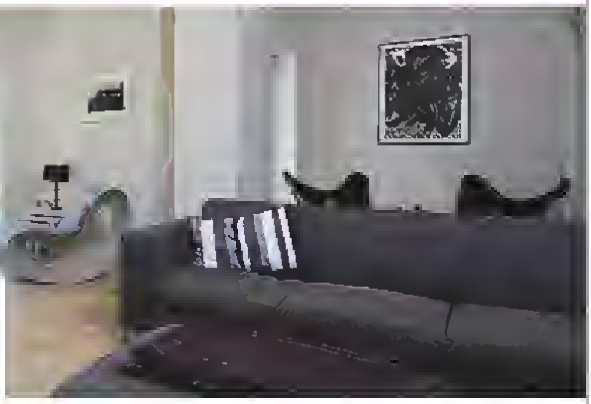

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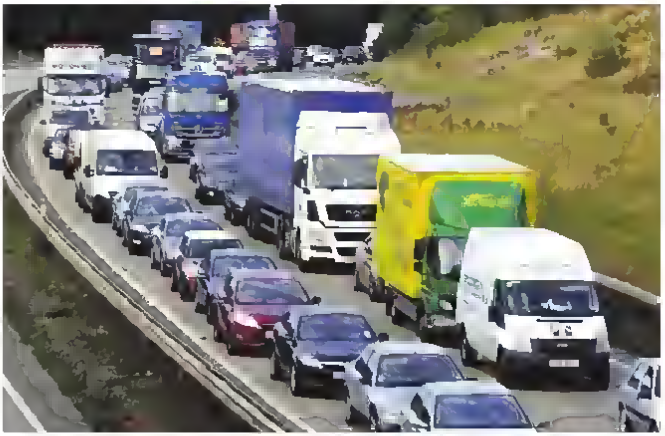
Minister visits Chichester to listen to case for A27 improvements



No options have yet been made public by the Department of Transport about the type of improvements to be taken forward for further consideration.

"However the Government understands how important long term planning for infrastructure is for growing the economy in our community."

There are six schemes across England currently being explored by the Government for investment.

The other five are:

A303/A30/A358 corridor,

A1 north of Newcastle,

A1 Newcastle-Gateshead Western Bypass,

Trans-Pennine routes, and

A47 corridor between Peterborough and Great Yarmouth.

The Chancellor will announce which of these will be considered further in his Autumn Statement in December.

Louise said: "We are seeking a commitment in the upcoming Autumn Statement, to continue developing solutions to long-standing issues at Arundel, Worthing and Lancing.

"These solutions will complement planned improvements to the A27in Chichester, which the Government has already committed to deliver between 2015 and 2019.

"Any improvements to the trunk road will need to be complemented by local transport improvements that promote sustainable modes of transport, particularly for short, local journeys."

County Council Cabinet Member for Highways and Transport, Peter Montyn, said: "There will be a need for local consultation with residents and businesses on the options before any scheme can be implemented.

"This will be after the Government considers the conclusions of its feasibility study, which is about gathering evidence on possible schemes."

Businesses can still register their support for the A27Action campaign by visiting www.a27action.co.uk.

Pieter added: "We are in competition with other schemes, so any business support we receive will help our case."

Ron Crank, Chief Executive of Coast to Capital, said: "Forming part of the 'coastal corridor', this route is critical for the area's continued economic success.

"Currently heavily congested and unreliable, this road produces a severe blockage to the growth of businesses, jobs and housing so we are calling on the Government to support this scheme."

The A27Action campaign is made up of councils, MPs and businesses across Sussex.

The A27 Action campaign seeks to achieve:

- Dualling of the A27 across West Sussex;
- Improved junctions at Chichester, Fontwell and Brighton;
- A bypass of Arundel;
- Improvements to the Worthing – Lancing corridor, and
- Improved A27/A26 access to Newhaven.

For more information visit www.a27action.co.uk or click 'like' on the A27 Action page on Facebook.

Council decision on a frack free West Sussex

RESIDENTS in West Sussex have pushed the County Council to hold a discussion on whether the county should declare itself a "Frack Free Zone". This comes two days after Celtique Energie announced that they will be appealing the decision to refuse their application at Wisborough Green.

Residents of Wisborough Green and Kirdford set up a petition on the council website which received over 3,500 signatures of support from local people. The council is obliged to discuss the petition and will hear from the lead petitioner on Friday at a full council meeting.

West Sussex is in the frontline of fracking as it sits above the Weald Basin, which contains some of England's most significant shale deposits.

Brenda Pollack, Friends of the Earth South East Campaigner said: "People across the county are deeply concerned about companies applying to destroy their peace and beautiful countryside with industrial drilling applications.

"Residents are saying loudly and clearly that they don't want fracking here and West Sussex Councillors must listen to public opinion. The Government's reckless intention of pushing oil down their throats has proved unpopular across the county.

"National Parks and 'outstanding landscapes' are meant to be protected from fracking, according to the Government and that means much of West Sussex should be ruled out."

Residents want the council to send a clear message to companies and the Government that there is no place for fracking in the area. Previously the Council leader has written to David Cameron setting out residents' concerns and calling for a national debate. However the Government has persisted in forging ahead with its "all out for shale" approach. They are currently changing legislation to make things easier for fracking companies to drill beneath people's property, despite a consultation where 99% of respondents were opposed to this.

Anorak Corner

Interesting snippets of information about Chichester

The Slee Fair is a travelling funfair that is held annually on 20 October at Northgate carpark inChichester West Sussex. The fair was first held in 1127 or 1128 after King Henry I of the Kingdom of England granted Ralph de Luffa, Bishop of Chichester the right to hold a fair for a period of eight days from a date of de Luffa's choosing.

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Exclusive to the lovely readers of the Chichester Herald.

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) Let us know what you think @Chiherald

@zenbmanager
It's a beautiful day to go walking at #Chichester Harbour Area of Outstanding Natural Beauty #LandscapesForLife #LoseYourLandscape

@TheEarlofMarch
We have a delicious set menu for just £29.50 per person for #Thanksgiving on Thursday 27th November http://on.fb.me/1rG4WnQ #Chichester

@chifoodfest
#chichesterhour we now have dates for Taste! Christmas extravaganza! 11th-14 Dec taking over County Hall and Edes House!

@steffalline
Loooooove my @GloriousSpa nails...Can't recommend them enough...By far the best place in #Chichester Thanks ladies

@ruthaprilbyrne
Stranger: 'Where do you live?' Me: 'erm near Bognor Regis' Stranger: 'as in Bognor the country?' ??!!!SORRY WHAT?!!!?

@balloonshypnose
Balloons by Pennywise provide a professional balloon decorating dressing service based in Selsey West Sussex

@Tialoulou
Saw a sight in Chichester today that I never want to repeat #myeyesmyeyes

@Pedal4Health
Sam and sounds like a battle outside between Godzilla and a Gondola...Keeping me awake on the south coast #Gonzalo #EastWittering

@nedjgower
I am literally - and litterally - putting the 'twitter' into #WestWittering

@producercharlie
Right...attempting a run this morning after a few months of sod all effort...hoping it's about to witness the slowest 2k of all time...

All because farmers can't be bothered to think!

CHICHESTER'S SLOE FAIR

The Sloe Fair was fantastic this year. Clean, smart, superbly organised. Rides for all ages. Authentic smell of diesel and onions plus Tom Jones blaring out. We went home to soup. Life's easy some days.

CHICHESTER'S HURRICANE GONZALO

The same night as the Fair, the tail end of the hurricane blew one of our upstairs windows clean off. The front garden was a ton of wet leaves and a thousand shards of glass. All had to be carefully bagged up and duct taped.

GOD

I don't believe in God. I sort of believe in what I call "WOWII" which stands for "Whoever Or Whatever It Is". Anyway, my personal relationship with WOWII is that whenever I relax, she jabs me one in the jacksy. See above.

REFUSE COLLECTORS

The hurricane claimed a victim in London, sympathy. For most it was a hassle. Well done the people who empty our bins. They were out on the day, fit as butchers' dogs, polite, cheerful and professional. Posties too, come to think. You never see one out of shape.

IDEA

If we wrote more letters to each other, there would be more rubbish. They'd have to hire more refuse collectors and posties. They could get people with weight problems to do the job. This idea will increase human contact, raise revenue for Number 11 and tackle the obesity crisis. A very UKIP policy.

LAST LETTER

When was the last time you wrote a letter? Me. I was staying in a hotel and they'd put writing paper on the little desk. I wrote to my nan. The year was 1989. I found out she read it many times.

DOCTOR WHO

I have three urethras instead of the normal two, the tubes that connect the bladder with its exit facilities. This was diagnosed after kidney stones. The doctor said: "Well it puts you up there with Dr Who, he has two hearts."

GOD AGAIN

See if there is God that some people go on about, why did he give me an extra pipeline for pee? Did he think I might need to pee more than most? Mine's a pint by the way.

CLOCKS GO BACK

A parent-friend in the playground at school reminds me about the nonsense of our clocks dribbling back and forth. We have to change all the fiddly ones like our mobile phone and the cooker and the microwave. Bonkers. All because farmers can't be bothered to think.

STUPID FARMER

Gospel truth: a Scottish farmer on Radio 4 said: "If we don't change the clocks then some mornings I won't be able to let the chickens out until nine o'clock in the morning". Always remember you share a planet with 'important' people some of whom think that chickens and foxes work to Greenwich friggin' time.

TOM JONES JOKE

Man goes to the doctor and says "I keep thinking I'm Tom Jones." The doctor says: "It's not unusual."

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

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info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83 000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick-up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Pittworth, Rose Green, Selsey and East & West Wittering.

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It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in BHS, they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our website they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us.

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Police appeal for witnesses after dog is stolen

18-month-old working cocker spaniel Rowlf is missing

POLICE are appealing for witnesses after a dog was taken from a home in Lower Street, Fittleworth, at 9.20pm on Monday 13 October.

The 18-month-old working cocker spaniel called Rowlf is described as a black dog with a white chest. He was in the yard when his owner, who was inside the house, heard a loud noise and a vehicle speeding away at the time of the theft. Rowlf was wearing a collar with a bone-shaped tag on.

PC Ben Poulter said: "The owner is distraught at the loss of his dog. Please get in contact if you have seen Rowlf or have any information as to his whereabouts so we can reunite them."

Any witness or anyone with information is asked to email 101@sussex.pnn.police.uk or call 101 quoting serial 1625 of 13/10. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Were any of these items stolen from your boat?

HAVE YOU had boat equipment stolen in Sussex?

Officers in Hampshire have recovered a large number of items including outboard motors, tenders and radio equipment that they believe have been stolen in Hampshire, Sussex and Dorset.

A photo album has been created at www.facebook.com/chipolice.

It is suspected that some of the property was stolen from the Chichester area in August or September.

Sergeant Chris White said: "We are keen to reunite people with all of their property and are asking for the local community to look at the images and make contact if they think any of the items could belong to them.

"If you believe any of the items are yours, please contact Hampshire Marine Unit on 07774 684317 or PC Jackie Connors at Lyndhurst Police Station in Hampshire on 101 to make an appointment to look at the recovered property."

A 21 year-old man and a 23-year old man, both from Portsmouth, have been arrested by Hampshire police officers on suspicion of going equipped for theft. They were questioned before being released on bail until 9 December.

If you have any information about thefts, call 101 or email 101@sussex.pnn.police.uk. For crime prevention advice visit www.sussex.police.uk.

If you see or hear a theft taking place call 999 immediately.

Residents can also being encouraged to register their items on the world's largest property database so that if they are stolen, they can be reunited with the owners - and so the offenders can be prosecuted.

You can register your property in just a few minutes by visiting www.immobilise.com. To watch a video about Immobilise and how it works, visit www.youtube.com/watch?v=oXZ66WEER_c.

Reliant Robin driver killed in crash near Bognor Regis

A MAN driving a Reliant Robin has been killed in a crash near Bognor Regis in West Sussex.

The 67-year old victim, from Hunston near Chichester, crashed with a Nissan Primera on the A29 Lidsey Road, close to the Robin Hood pub, police said.

He suffered multiple injuries in the accident, which happened at 12.55 BST on Tuesday.

The driver of the Nissan, a 65-year-old man from Chichester, was seriously injured.

Sergeant Tony Crisp said: "The 67-year-old man sadly died of multiple injuries, not a heart attack. We are appealing to anyone who was driving along the road at the time and saw what happened to please get in contact on collision.appeal@sussex.pnn.police.uk quoting Op Claygate. Members of public are thanked for their patience while the road was closed."

Police seek video of violent Bognor street incident

POLICE are seeking witnesses who took photos or video of a violent incident in Bognor.

At about 11.30am on Sunday 27 July officers responded to a report that call that two teenage boys were using abusive language and assaulting members of the public outside Boots in Bedford Street, Bognor.

When police arrived at the scene some people had detained the pair on the ground.

Two boys, aged 15 and 14, were arrested and subsequently charged with common assault, criminal damage and public order offences.

The incident attracted a high number of onlookers, some of whom are believed to have filmed the incident on their mobile phones.

Police are appealing for anyone who still has footage of this incident to contact them via 101@sussex.pnn.police.uk or by calling 101, quoting serial 704 of 27/07.

Wedding Fair
Edes House Wedding Fair this Sunday 26 October 2014, hosted by Unique Wedding Fairs. Doors open at 10.30, free entry & goody bags, free parking & free coffee
Edes House, West Street, Chichester, PO19 1RW

Thousands take time to help West Sussex shape its future budget

RESIDENTS who told West Sussex County Council what mattered to them have been thanked for their support.

More than 2,800 people responded to the County Council's 'What Matters To You?' survey, which came to a close last weekend.

The survey asked residents what services were important to them and their communities, as well as their thoughts about what level of Council Tax they would be happy to pay – whether they would like to see it remain frozen, increase or decrease.

The responses will be used to help the authority shape its 2015/16 budget, which will be set in February 2015.

Louise Goldsmith, Leader of the County Council said: "We anticipate that we will need to make savings of more than £124million in the next four years – but we are also aware that household incomes have remained largely the same, while the cost of feeding, clothing and housing a family has increased.

"If we can, we want to avoid adding to the burden on household income through increasing council tax, but it was important for us to seek people's views.

"We will be facing some difficult decisions and some tremendous challenges, which is why we wanted to know what was important to the people of West Sussex.

"I would like to thank each and every person who took the time to complete our survey and shared with us their thoughts and their opinions.

"We will listen to what you have said and what you have told us and, where possible, we will do our best to reflect that in the plans we make for the future."

Residents aged between 65-74 were the most vocal, accounting for 22% of responses while making up 14% of the adult West Sussex population.

Around 27% of responses came from the people aged 16 to 44, who account for 41% of the adult West Sussex population (based on the results of the 2011 census).

The most responses came from the Arun district (22%) with Chichester (nearly 21%) and Horsham (nearly 17%) districts following closely.

Paper copies are still being received, the results of the survey will be compiled and analysed and presented to the County Council's Cabinet members ahead of the setting of the budget for the forthcoming year.

Special support on offer for people wanting to quit smoking

RESIDENTS across the district who have decided to quit smoking or are thinking of giving up smoking will be able to access advice and support from Chichester District Council's Wellbeing Team.

As part of the national public health campaign, Stoptober, which is this year being supported by a number of well known comedians, the Wellbeing Team will be attending the Smokefree West Sussex Stoptober Roadshow.

The event will be taking place at the Market Cross, Chichester on Saturday 25 October, 10am – 4pm.

Members of the public will be able to chat to the council's friendly Wellbeing advisors about giving up smoking and finding out information on a wide range of health issues. These include exercise and being active, healthy eating, emotional wellbeing, losing weight and cutting down on alcohol.

For those who have not yet signed up to Stoptober, it's not too late. Anyone who signs up to the scheme through Chichester Wellbeing will receive a free week long pass for Westgate Leisure and a voucher for a free tea, coffee or soft drink.

Councillor Eileen Lintill, who is Cabinet Member for Wellbeing and Community Services at Chichester District Council, says: "Evidence shows that if a smoker can go 28 days without a cigarette, they are five times more likely to stay permanently smoke free. Quitting smoking can be a difficult process but successfully quitting has significant benefits for our health, finances and social life.

"Our Wellbeing team has a wealth of information and advice to hand so whether you are finding the Stoptober challenge a bit more difficult than you anticipated, you would just like a few tips or you are still thinking about giving up, I recommend popping along to the roadshow and chatting to the team."

For more information see www.stoptober.smokefree.nhs.uk.

For more support call Chichester Wellbeing on 01243 521041 or email info@chichesterwellbeing.org.uk.

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Care workers triumph at awards

FANTASTIC CARE workers took centre stage at the West Sussex Care Accolades – the county's care 'Oscars' – on Wednesday.

The awards recognise the hard work and dedication of people working in a wide variety of jobs in adult social care including dementia care and caring for people in their own homes.

Among those who scooped awards was Augusta Court care home in Chichester which specialises in services for older people who have dementia. They won the Excellence Award.

The nine winners were all nominated by their colleagues, with glowing and often moving testimonials from service users and their families.

Care employers and their staff cheered on the winners at a lunch and awards event at Arundel Wetland Centre.

The awards, now in their fifth year, are organised by West Sussex Partners in Care and are supported by West Sussex County Council.

Peter Catchpole, West Sussex County Council's Cabinet Member for Adults Social Care and Health, said: "It's a great pleasure and a privilege to celebrate the excellent care that goes on in West Sussex. Our care workers are so often unsung heroes. These awards help to raise the profile of adult social care in the county and showcase the good practice of West Sussex care providers as well as promoting the wide range of rewarding employment opportunities that exist within the care sector."

All the winners and finalists of the Care Accolades

Chairman of West Sussex Partners in Care, Rosemary Pavoni, said: "We had a tough job this year as the standard of entries was so high. We really feel that everyone is a winner."

West Sussex Care Accolades 2014 winners:

Ancillary Worker Award – Tom Johns, chef at Ifield Park care home in Crawley. Tom spends a great deal of time getting to know residents, understanding their dietary needs but more importantly what they love to eat;

Dementia Care Award – Beverly Loxston Bown, Older People's Officer at Crawley Wellbeing and who is on the Dementia Alliance team. Beverley helped to set up the 'Forget Me Not' club supporting carers and their loved ones;

End of Life Care Award – Sheila Slade, a carer at District Carers Ltd;

Individual Student Achievement Award – Doina Suditu, a staff nurse at Maplehurst Nursing Home in Haywards Heath;

Lifelong Learner Award – Lisa Moulding, Manager at Avon Manor Care Home in Worthing;

The Chair's Award for Endeavour – Lisa May, a support worker at Tushmore Lane care home in Crawley;

The Young Carer Award – Jessica Spinks, a 21 year-old care assistant at The Laurels day centre in Rustington caring for people with a physical, sensory or memory impairment and people with an acquired brain injury;

Excellence Award – Augusta Court care home in Chichester which specialises in services for older people who have dementia; and

Individual Employers Award – Vanessa Bird.

Winners received a trophy and shopping vouchers.

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Seats in South Stalls for an evening performance.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

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Win a meal for 2 at Murrays

Chichester Herald in partnership with Mu[illegible]ving a va[illegible] fabulous meal for two people every week.

The Chichester Herald will be running a W[illegible] competition sponsored by Murrays in No th Street Chichester every week where you have to guess the loc[illegible] photo.

For your chance to win this amazing prize fo[illegible] please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **enquiries@theshiphotel.net**

North Street Chichester West Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@theshiphotel.net

Entries close on Wednesday 29 October 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was Chichester College.

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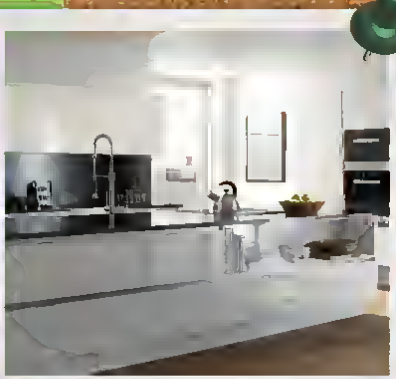
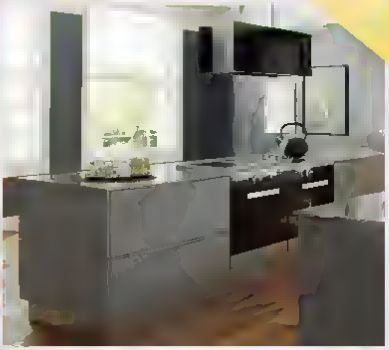


Contemporary



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Pass me that Hitchhiker's Guide to the Galaxy, I fear the mice are in charge

Allis Moss

On the Case

From time to time you open a newspaper like this or go online and read a story about a new government policy that is clearly, to put it kindly, as wrong a way to go about something as you could possibly imagine—and really does make you feel like Douglas Adams' suggestion that the mice are in charge may not be incorrect after all.

This one is like the teacher giving out candy bars and sweeties in the hope of encouraging her pupils to study. It might work in the short term, but all it really does is fatten the kid without fostering a thirst for knowledge or improving understanding or the commitment to achieve that.

Today we read, that GPs are to be paid £55 to diagnose a patient with dementia. If you work in health care you may also know—I didn't—that this is already happening for diagnoses of diabetes, high blood pressure and cholesterol.

The very first On the Case for this paper, a year ago, featured the story of Eric, a sprightly pensioner in his late 70s, who was unable to secure an appointment with his GP without going through a ritual trial by ordeal of ringing his surgery on a daily basis until he lied and said he thought he was diabetic. Aha! So now we know how to get an appointment in the future.

"Name?" asks the receptionist.

Answer: "I think I've got dementia."

Or if you really want to nail it: "I've forgotten."

Paying GPs to diagnose a very distressing condition is so the wrong way to go about it, one even begins to wonder whether the mice wouldn't make a better fist of it. This way risks misdiagnoses. Doctors should be diagnosing it anyway and for the right reasons. Earlier diagnosis for a whole bunch of serious illnesses, including cancer, is something we urgently need to improve. The way to do that is at the start, inculcating medical students with the need to catch things early and making it easier to see GPs as soon as we think we need to.

Longer surgery hours have been suggested recently as a panacea by the PM. The trouble is, there are too few GPs to go around. Most are incredibly dedicated and hard-working. But we also hear of too many occasions where surgeries resemble conveyor belts. The French health care system isn't perfect, but not having to go through a 'generalist' for everything, but self-referring to specialists then recovering funds from the state, means GPs aren't overstretched as ours are to breaking point, causing patients to be let down.

Readers corner

Michelle Jones from Waterlooville has been in touch with news of her intriguingly-titled book, "Throw Away Your Loincloth." And there's me not even realising I had one. But we all do, Michelle would say, a metaphorical one. It's a story about overcoming the bad things that happen to you in life as well as the humdrum that never leaves you time to do anything other than put your feet up in front of some late night telly. In Michelle's case, a broken toe, then a serious health problem, leads her on a path to inner peace and happiness. The story includes excellent advice on how to meditate, with amusing anecdotes on what happens when Michelle herself is practising. On one occasion, she has her eyes closed and is just getting that elusive inner focus – when out of nowhere but in reality through an open window—the cat suddenly lands in her lap. Owl

Hello

In her book Michelle also points out that no one talks any more, after her son returns exhausted from a party where, instead of texting or chatting on Facebook, he has had to engage in the unfamiliar, strenuous mental and physical exercise of actually talking to various people. How many times do we see people in a restaurant, not talking, just texting? A friend of mine, is in his 50s and marrying a girl 20 years younger, says he's banned mobiles from the bedroom. How romantic, good health and good luck.

And finally

I know times have changed. I feel I understand more and more how Neanderthal woman felt. But this takes the proverbial biscuit. Or should I say ice cube. "When you're young you only keep vodka and ice cubes in your freezer,' says one food blogger. When I was young, the vodka we drank was at the pub in a Black Russian and the freezer had frozen peas in it.

Contact Allis ✉ allis.moss@chichesterherald.co.uk

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Photo of the week

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Peter Ritchie @Caterham_Racer

View from a #chichester wall

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NOVEMBER

11TH	HOLHILL GARDEN CENTRE & SHOPPING VILLAGE
13TH	DENBIES WINE ESTATE TOUR, TASTING & CHRISTMAS LUNCH
25TH	LUNCH AT THE STRAND PALACE HOTEL LONDON & CHRISTMAS LIGHTS TOUR
28TH	WINCHESTER CHRISTMAS MARKETS

DECEMBER

6TH	A VICTORIAN CHRISTMAS, OSBORNE HOUSE
9TH	BATH CHRISTMAS MARKETS
11TH	CHRISTMASTIME AT HEVER CASTLE
16TH	CHRISTMAS LUNCH & CRUISE FROM SOUTHAMPTON

JANUARY

3RD	CINDERELLA, MAYFLOWER, SOUTHAMPTON OR SHOPPING
22ND	SANDOWN CRAFT SHOW
29TH	COAST & COUNTRYSIDE, GUIDED TOUR

FEBRUARY

10TH	LONDON MUSEUMS
12TH	WESTRING'S VALENTINE MEANDER
17TH	AFTERNOON DRIVE WITH CREAM TEA
19TH	BODYGUARD, MAYFLOWER SOUTHAMPTON OR SHOPPING
28TH	KEW GARDENS & THE ORCHID FESTIVAL

MARCH

4TH	CRUISE FROM GREENWICH & KINGS CROSS REGENERATION TOUR
9TH	CHRISTCHURCH & CREAM TEA IN THE NEW FOREST
13TH	POOLE & POOLE POTTERY
16TH	MOTTISFONT
18TH	THAMES CRUISE FROM RUNNYMEDE AND HOUGHMASS LUNCH
21ST	THINGLOW & BARFORD WEEKEND
24TH	CHAVENAGE
30TH	EASTBOURNE

APRIL

1ST	LUNCH & 4* MENZIES EAST CLIFF COURT HOTEL, BOURNEMOUTH OR SHOPPING
8TH	BATTLE & BODIAM CASTLE
11TH	SAFFRON WALDEN OR AUDLEY END HOUSE
15TH	ROMSEY & SIR HAROLD HILLIER GARDENS
17TH	ON THE LOOK OUT FOR BLUEBELLS

MAY

5TH	SHAFTSBURY & GOLD HILL
6TH	OKLAHOMA, MAYFLOWER SOUTHAMPTON OR SHOPPING
8TH	SAND BANKS, ISLE OF PURBECK & WAREHAM
11TH	NATIONAL STUD AT NEWMARKET OR NEWMARKET
13TH	RIVER AVON CRUISE WITH FISH & CHIPS OR EVESHAM
17TH	ALDER TO ZOY WATERCRESS FESTIVAL
26TH	CHANNORNE CHASE, WILTSHIRE DOWNS AND THE LARMER TREE GARDENS
29TH	APPLETON BARNS & CALBORNE WATER MILL IOW

JUNE

10TH	BARNUM MAYFLOWER SOUTHAMPTON OR SHOPPING

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Chichester Car Club is moving up a gear with two extra new vehicles

MORE PEOPLE will be able to access a car – as and when they need one – now that Co-wheels Car Club Chichester has taken on two extra cars.

The Toyota Aygo and automatic Yaris Hybrid have been funded by a grant from West Sussex County Council's Local Sustainable Transport Fund. The new cars are based on East Street and West Street, Chichester, while the two existing vehicles are situated in Melbourne Road and Ettrick Road.

The new cars will be launched on Thursday 30 October at Trents, South Street, Chichester. Members of the public are invited to come along between 4.30pm and 7.30pm to find out more about the car club and see the new vehicles.

The scheme works on a membership basis. Members sign up and pay a one-off fee of £25, then pay £5 per month, which goes towards their monthly use. Cars cost from £3.75 per hour, plus 13 pence per mile. Cars are booked online or by phone. Petrol is paid for using the in-car credit card and all car hires are charged to a credit/debit card shortly after the booking has ended.

Councillor John Connor, Cabinet Member for Environment at Chichester District Council, says: "This is a cheap, convenient and environmentally friendly scheme and it's wonderful that the club has been able to introduce extra vehicles.

"The scheme is ideal for a range of people. For example, those who want easy access to a car, but do not want the burden of being a permanent owner. It is also good for students and families who need the occasional use of a second car; people who have retired; and, tourists who arrive by train who want a bit more flexibility in how they travel around the area. I do urge people across the community to find out more about the benefits of the membership."

Co-wheels Car Club Chichester, run by a Social Enterprise, was introduced by Chichester District Council two years ago with funding from the Department for Agricultural Food and Rural Affairs (Defra). West Sussex County Council also helped to provide the vehicles.

Volunteers in the community helped devise the scheme and the club currently has 36 members. Club chairman, Dr Daire Casey, says: "I'm excited to see how members take advantage of our city-wide offering. The new cars look great and bring the cost of occasional motoring down even further than before.

"From the initial planning stages of our club, prospective members have requested that an automatic vehicle be included in the local offering. I'm delighted to be able to say that it's now here for you."

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Scrutiny panel given preview of Sussex Police budget

SUSSEX'S Police and Crime Commissioner has been encouraged to look at how Sussex Police could increase collaboration with other forces before presenting her final budget in the New Year.

At its meeting on Friday, October 10, the Police and Crime Panel was given a glimpse of the work underway to balance the books and target investment in 2015/16.

But members were keen for greater sharing of back office services with neighbouring forces to be looked into in a bid to drive down costs.

Since 2010 Sussex Police has saved £50million, but further savings of £55million will need to be found over the next four years if predictions about future funding are correct.

Following Treasury announcements that the level of government funding would be reduced next year, two options were shared with the Panel, which scrutinises the work of the Commissioner. One was for a freeze in Sussex Police's share of council tax, the other a rise of 1.98 per cent depending on the cap the Government imposes.

Within the report were details of investment that Sussex Police is recommending should be made in safeguarding, visible policing and cybercrime – and these are also priorities for the force this financial year.

Having been told that the Police and Crime Plan priorities could be delivered with a frozen precept, members of the Panel warned that the Commissioner would need to present compelling reasons for any proposed increase to the precept.

The Panel will formally review the Commissioner's proposed precept for 2015/16 at its meeting on January 23, 2015.

After the meeting on Friday, October 10, Panel chairman Cllr Brad Watson said it was important for the Panel to have an interim report into the work taking place.

"It is very useful to understand at an early stage what pressures the Commissioner is facing when drawing up her budget for the next financial year. It also gives Panel members the opportunity to raise any issues before a final budget is brought before them."

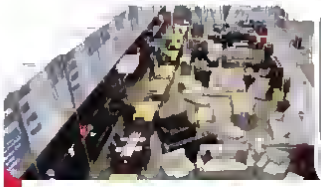
He added: "The Panel is very keen to see greater collaboration with neighbouring forces on administration services, in the hope that further savings can be found and the burden on the taxpayer is minimal. This meeting gave them the chance to highlight this to the Commissioner and her team."

The Panel were also informed of a grant from the Ministry of Justice to improve the county's Restorative Justice scheme, which gives victims of crime the opportunity to face the person responsible.

The funding of £289,000 covers two years with half that amount available in 2015/16. It is hoped the money will enable an infrastructure to be put in place for the service to be sustainable after this time.

The Panel heard from a victim of burglary who had chosen to meet the person responsible. She spoke about the benefits to her and her family and to the man convicted of the crime, who was able to see the impact his offending had on his victims.

The Commissioner also gave an update on the achievements of the police against the Police and Crime Plan between April and September and answered questions on subjects ranging from a threat of police constables being removed from community policing teams to how the success of a cybercrime initiative will be measured.



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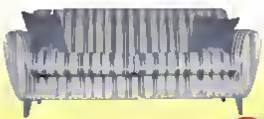
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National News

News in Brief

• A NOTORIOUS police killer is to be released from prison after more than 45 years, prompting anger from officers. Harry Roberts, 78, was jailed for life for murdering three unarmed officers in Shepherd's Bush, west London, in 1966. They were shot in front of children playing in a street after pulling over a van containing Roberts and two others, after an armed robbery. The Metropolitan Police Federation said it was a "scandalous, hurtful and abhorrent decision".

• THE FUNERAL for murdered schoolgirl Alice Gross has taken place in west London. The 14-year-old went missing from her Hanwell home on 28 August. Her body was found hidden in the River Brent on 30 September. A funeral procession took place ahead of a service. Scotland Yard said the hunt for Alice was its biggest search operation since the July 7 bombings. The prime suspect was found hanged on 4 October.

• DRONES which could seriously injure or kill are being flown over cities and towns across England, despite laws designed to protect the public. Dozens of YouTube clips show the aircraft, which can be bought for £300, over populated areas including London, Liverpool and Nottingham. The Civil Aviation Authority (CAA) prohibits the flying of drones over or within 150m of built up areas.

• TRANSPORT FOR LONDON (TfL) has been criticised by politicians for paying a company £8m after it failed to deliver a contract. The London Assembly Transport Committee said it was alarmed TfL had to pay Bombardier to end the signalling contract for sub-surface lines. The committee asked how the company's "woeful failure" was rewarded with "a fat cheque". TfL said it paid the firm for the work it had done and 'not a penny more".

• THE DEPARTMENT FOR EDUCATION has shelved plans for a code of practice for some religious schools which operate outside of mainstream education. It was recommended by the government's Extremism Task Force to ensure children were not exposed to intolerant views.

• MILITARY LEADERS failed to calculate the magnitude of the conflict in Afghanistan, the former head of the British army has said. Gen Sir Peter Wall said they thought they had a "reasonable force" for their limited objectives, but he now admits they got it wrong. The commander in Helmand in 2006, Brig Ed Butler, said troops were "underprepared and under resourced".

NHS needs overhaul

DRASTIC changes to services and extra money is needed if the NHS in England is not to suffer, health bosses say.

A five-year plan for the NHS unveiled by six national bodies once again highlighted that an annual £30bn shortfall would open up by 2020.

It said changes, such as GP practices offering hospital services, would help to plug a large chunk of the gap.

But it said an extra £8bn a year would still be needed at the end of the period to maintain quality services.

The sum amounts to 1.5% extra a year above inflation for the next five years. The current budget stands at £100bn a year.

But the plan – called the NHS Forward View – said this would only be enough if the health service became more efficient.

To achieve this, the plan called for a rethink about the way services were delivered.

It put forward a range of models although stressed it was up to each local area to decide which ones to adopt.

These include:

• Large GP practices to employ hospital doctors to provide extra services, including diagnostics, chemotherapy and hospital outpatient appointments.

• In areas where GP services are under strain, hospitals could be encouraged to open their own surgeries.

• Smaller hospitals to work as part of larger chain, sharing back-office and management services.

• Larger hospitals to open franchises at smaller sites, as Moorfields Eye Hospital has done in London.

• Hospitals to provide care direct to care homes to prevent emergency admissions.

• Volunteers could be encouraged to get more involved, by offering council tax discounts.

Many of these measures are designed to curb the rise in hospital admissions and impact of the ageing population – the source of most pressure in the health service.

Lloyds expected to cut 9,000 jobs

LLOYDS Banking Group is planning to cut around 9,000 jobs – around a tenth of its entire workforce – over the next three years, the BBC understands.

The announcement is expected to come next Tuesday as part of chief executive Antonio Horta-Osorio's strategic review of the business.

The three-year plan is also expected to include some branch closures.

The cuts are believed to be in response to the shift of many customers from physical branches to online banking.

More job losses would mark the continuing decline in headcount at the bank since its near-collapse and bailout in 2008 and 2009, at the height of the financial crisis.

Since then it has axed 30,000 jobs, and announced a further 15,000 job cuts as part of a three-year plan in 2011.

The government still holds a 25% stake in the bank, but has reduced its holding from about 39% through two separate share sales since September last year.

A reduction in branch numbers is also expected.

Lloyds has already divested itself of more than 630 branches through its flotation of the TSB business earlier this year.

It currently operates more than 2,000 branches across the country through its remaining Lloyds Bank, Bank of Scotland, and Halifax brands.

Lloyds made a commitment to maintain branch numbers as a condition of its takeover of HBOS in 2009, but that commitment expires at the end of this year.

Analysts say that will allow it to reduce branch numbers in response to the rapid growth of internet banking.

According to the banking trade body the BBA, digital banking transactions are now worth almost £1bn a day, with almost 40 million mobile and internet banking transactions every week.

Chief executive Antonio Horta-Osorio is expected to outline his latest plans for Lloyds on Tuesday, alongside the bank's latest financial results.

The bank has returned to profitability under his stewardship.

It posted its first annual profit since the financial crisis last year, although it has also been hit by Payment Protection mis-selling costs, and a multi million pound settlement related to the Libor scandal.

Excluding those charges, it made an underlying profit of £3.8bn in the first six months of this year.

Tesco boss to quit

TESCO chairman Sir Richard Broadbent has announced that he will be leaving the firm, following the firm's announcement of a bigger than-forecast hole in its profits.

Tesco now says that profits in the first half of the year were overstated by £263m.

That is an increase from last month's initial estimate of £250m.

Tesco also reported a sharp fall in sales and profits for the first half of its financial year.

Accountancy firm Deloitte has completed an investigation into Tesco's misreported profits.

It found that profits were overstated by £118m in the first half of this year, by £73m in the 2013-2014 financial year and by £75m before that.

Tesco had been doing deals with suppliers over promotions, which is commonplace for supermarkets, but it appears Tesco had been booking returns from those promotions too early, while pushing back the costs.

Eight executives have been suspended since that practice was revealed.

Tesco said there was no evidence of fraud or personal gain from the mis-statement.

Deloitte's report is being passed to the Financial Conduct Authority (FCA) and other regulators.

Chichester Business

New Shared Parental Leave rules – how does this affect you?

Couples finding out now that they are expecting a child will be among the first parents eligible to take advantage of new shared parental leave rights. The new rules, which apply to couples whose babies are due from next April (2015), will allow parents to choose whether they want to share the mother's maternity leave.

Shared parental leave can be taken at the same time, so a couple would be able to be at home together for up to half a year following the birth of their child.

There are expected to be around 285,000 working couples that will be eligible to share the leave from April 2015. The changes in how maternity leave can be used will kick start a culture change in workplaces where fathers feel more confident to talk to their employers about taking time off for childcare.

Employment Relations Minister Jo Swinson explained recently that 'Any couples receiving the happy news that they are due to have a baby from 5 April onwards can now start planning ahead safe in the knowledge that they have the option to choose to share the care of their child and time off work in the way that suits them best".

Introducing shared parental leave is a significant step towards changing workplace culture, making it just as normal for fathers to take on childcare responsibilities as mothers.

From April next year mums and adopters will have real choice about when they return to work, dads will have more time to bond with their children and employers will benefit from lower staff turnover and having a workforce that is more flexible and motivated.

Shared parental leave will enable working parents to share maternity or adoption leave to allow both parents greater involvement with their child's first year whilst

employers have the potential to remain productive by agreeing new arrangements that works for their organisations.

The government is introducing shared parental leave and pay for employed parents which will make the current system for maternity and paternity leave much more flexible. Families currently have very limited choices about how they can share leave and pay and often struggle to balance competing demands at work and at home.

Under the new system a pregnant woman will continue to have access to 52 weeks of maternity leave and 39 weeks of pay as she does currently. From April 5 2015, for the first time ever, working families will have the opportunity to share the leave much more equally and flexibly.

Eligible couples can take shared parental leave when the mother opts to end her maternity leave and pay (or maternity allowance) early. The remainder of her statutory leave and pay may be shared between the mother and her partner as shared parental leave and pay.

As workplace experts, www.gov.uk has published a new free online guide on shared parental leave, to help you as employers understand how the new changes will affect you.

Do you run a business in Chichester? Then chere news with Kylee about any events, problems or opinions you have about matters that may be affecting you, which may be discussed within a future column e Kylee@MindeeyeManagement Com @MindeeyeMgmt

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Britain's largest new home builder appeals for more sub-contractors in Chichester

Ian Wallace (right) Managing Director of Barratt David Wilson Southampton and sub-contractor Marcus Preston

THE UK'S largest new home developer needs more sub-contractors in Chichester to help it meet its ambitious plans for growth.

With household names Barratt and David Wilson Homes, Barratt Developments plc says as the economy continues to pick up, and demand for new homes increases, it's vital that it has the skilled labour in place.

Ian Wallace, Managing Director for Barratt David Wilson Southampton, based in Hedge End, said: "We have ambitious growth plans and are looking to supplement our sub-contractor base in Chichester. We would like to hear from sole traders right the way through to larger companies who can provide trade services for the domestic building sector.

"They could have worked with us before or are new to the organisation. Equally they could currently be working in the commercial sector and are looking to move over to house building. The trades we're looking for include electricians, plumbers, painter and decorators, carpenters, roofers, scaffolders, plasterers/dry liners and bricklayers."

Mr Wallace also said that Barratt were keen to help ambitious trades people who were looking to start their own businesses. He said: "Providing people with business opportunities and the environment in which to thrive, through regular work and mentoring, is one of the huge benefits we offer. Our philosophy is straightforward. We recognise sub-contractors are vital to our business and with Barratt Developments we are looking for genuine partnerships where all parties move forward together."

Commenting on the market place as a whole, he added: "It's well reported that the construction industry is emerging from the affects of the financial crisis which led to a significant amount of trades people leaving the sector.

"The legacy is that sub-contractors are working flat out right now and we need to be sure we have sufficient numbers of skilled professionals moving forward."

To register their interest, sub-contractors are asked to email their details to subbies@barrattplc.co.uk and Barratt will be in contact, or visit Barratt careers.

Barratt Developments plc is the biggest new home developer by volume in the UK and, with a Home Builders Federation five star rating, the company is committed to high standards of quality and customer service.

Bag It. Beat It. for the British Heart Foundation in Chichester

BRITISH HEART FOUNDATION (BHF) shops' volunteers will be urging the Chichester community to donate bags full of unwanted items when they give out Bag It. Beat It. bags to shoppers in the city centre on Friday 31 October. Every bag donated will help fund life-saving heart research, helping over 40,000 little heroes continue to fight congenital heart disease.

Before the BHF was founded, only one in five babies born with congenital heart disease saw their first birthday, let alone their first day of school. Thanks to pioneering research, now around 4,000 children are able to experience their first day of school every year.

The British Heart Foundation is asking shoppers to fill a bag with unwanted clothes, shoes, books, handbags, DVDs, CDs, bric-a-brac and children's toys then take it to the BHF shop.

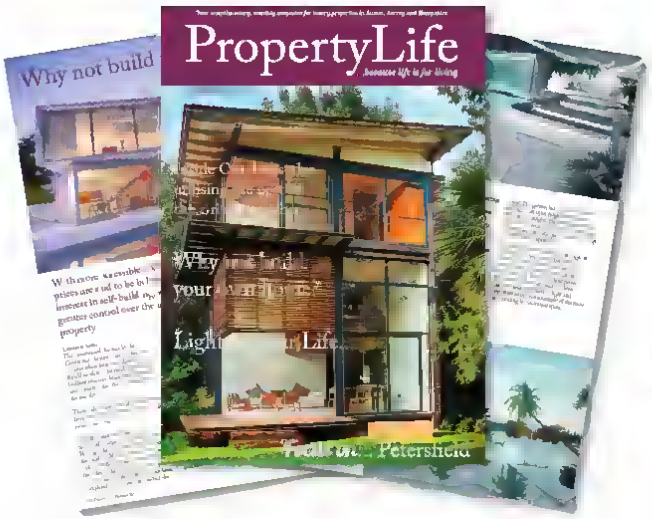
After the event in the city centre has ended, filled bags can continue to be donated to Bag It. Beat It. at the local BHF shop.

Mags O'Halloran, BHF Area Manager, commented: "The Bag It. Beat It. event is a great idea and provides the perfect opportunity to sort out the cupboards and give away items that you no longer want or need. Please ask friends, family and colleagues to get involved too. Head to East Street where you can collect a Bag It. Beat It. bag, fill it and return it to your local BHF shop. Your unwanted items will raise vital life-saving funds, helping little heroes continue to fight congenital heart disease.

"The BHF currently funds over £14 million into congenital heart disease research and this year we need to raise even more. I would like to thank everyone that donates a bag of items, and continues to help us fund pioneering research."

For more information, to find your local BHF shop, visit bagit.bhf.org.uk

Property magazine has the 'wow' factor



PROPERTY LIFE is a complimentary monthly property magazine for Hampshire, Sussex and Surrey.

Property Life was created following widespread demand for a high end property publication within this affluent part of southern England. Whether you or your clients are looking for a beachfront house, a country retreat, a city character house or a picturesque village cottage – Property Life can help you find your dream home.

Property Life has a readership of over 70,000 people and gets distributed in the south coast of England's most affluent areas. With the significant rise in the property market, Property Life is of great interest to prospective purchasers and vendors and high-end estate agents offering beautiful luxury homes.

Each month the magazine will be showcasing the best properties available on the market using the most established and respected estate agents.

Property Life magazine includes features and columns on the latest home interior designs. They recommend where to source the most fabulous home furnishings that you desire to create your dream home as well as expert advice on property development.

You will also find ideas for stunning garden designs, high quality garden furniture, swimming pool creations and out building designs including summer houses, garden offices and games rooms making your creative dreams become a reality.

Property Life will give you the most up to date market information, financial investment knowledge and mortgage advice.

Property Life are passionate about Eco living and have experts on hand to make your house greener than ever.

Each month Property Life will be featuring the best pubs and restaurants in your local areas to search for that perfect al la carte menu or the most delicious Sunday roast. Property Life also covers travel destinations, the perfect get away and holiday homes abroad.

Property Life has selected the most credible experts in their fields to share their knowledge each month.

Distributed to Chichester, Aldwick, Arundel, Emsworth, Storrington, Petworth, Midhurst, Petersfield, Liphook, Haslemere, Chiddingfold, Bosham, Felpham, Pagham, Pulborough and the Witterings as well as many more towns and villages within those areas.

Distribution points to include Estate Agents, Waitrose, Homebase, John Lewis, BHS, Leisure clubs, Hotels and Spa's, Private Hospitals, High End Retailers, Hotels plus many more outlets.

Property Life Ltd, Suite 804, 20 The Hornet, Chichester, West Sussex, PO19 7BB.

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Now showing at Cineworld Chichester

Cinema Review: Fury

Fury (15)
Running time: 135 minutes
Director: David Ayer
Starring: Brad Pitt, Logan Lerman, Shia LaBeouf, Michael Pena, Jon Bernthal, Jason Isaacs

Brad Pitt leads a tank crew on a deadly mission at the end of WWII in this gritty, action-packed war movie. April 1945. Hardened tank commander Don 'Wardaddy' Collier (Brad Pitt) has seen action all the way from Africa to Germany. He has always sworn to protect the crew of Fury, his Sherman tank – Boyd Swan (Shia LaBeouf), Trini Garcia (Michael Pena) and Grady Travis (Jon Bernthal). Their latest mission is a vital but positively suicidal one, striking at the heart of Nazi Germany behind enemy lines. As if being outgunned and heavily outnumbered wasn't bad enough, Wardaddy has also been assigned wet behind the-ears assistant driver Norman Ellison (Logan Lerman). Brad Pitt returns to the WWII setting of 'Inglourious Basterds' for this muddy, brutal and gripping combat movie, which was filmed in the UK. 'Training Day' writer and 'End of Watch' director David Ayer drew on his own armed services background to ensure authenticity.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **For which film was Brad Pitt most recently nominated for a best actor Oscar**

A. MONEYBALL
B. THE TREE OF LIFE
C. BABEL

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 28th October 2014 at midday. The winner will be notified later on that day. Last weeks winner was Kim Hopkinson from Romford. Chichester Herald competition terms and conditions apply.

cineworld
Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

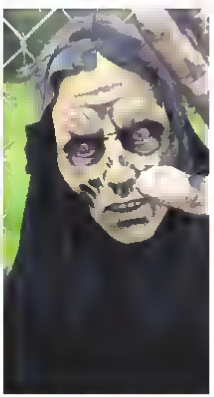
Halloween Fun this Half Term at Jungle Paradise Adventure Golf

SINCE OPENING in July the new 18-hole adventure golf course situated at Chichester Golf Club has welcomed hundreds of visitors to the jungle themed attraction. Groups of friends and families have enjoyed a great day out navigating their way across desert islands, through caves and under waterfalls. The gorilla and tiger hiding in the jungle and the spraying elephant have caught a lot of young Explorers by surprise along the way!

This half term the jungle will be joined by some scary spooks, wicked witches and ghastly ghouls. You will need to tread carefully as you putt your way around blood filled lagoons, tombstones and watch out for the hairy spiders in the cave!

You can even play for FREE if you take along a hand carved pumpkin with your own special design!! Your pumpkin will be displayed on the adventure golf course and the best pumpkin will be chosen on Friday 31 October and the winner will receive a family ticket worth up to £30!

So if you are feeling brave enough to explore the dark and scary jungle then plan your visit between 18 October – 2 November, open seven days a week from 9am until dusk. For more information please call 01243 530666 or visit www.jungleparadiseadventuregolf.com



Lots of half-term fun on offer across Chichester district

WHATEVER the weather, families will be able to find plenty to do across the district during the autumn half term thanks to a packed programme of events.

The **Novium Museum** is holding a series of Halloween themed activities with its Skeleton Surprise week which runs Saturday 25 October – Saturday 1 November, 11am – 3pm.

On Friday 31 November the museum is also inviting families for fun and frights at its Halloween sleepover which will include torch lit tours, activities and games.

Sleepovers cost £15 per person, call the museum on 01243 775888 or see www.thenovium.org for more information.

Westgate Leisure will be running various activities. At the Westgate Centre, Chichester young people aged 6 – 12 will be able to have lots of fun at **Burst Holiday Club** which will run Monday 27 October – Friday 31 October. Activities include:

arts and crafts
badminton
bouncy castle
dance
inflatable swim (over-eights)
fun swimming (Children under 8 years might not swim every day)
soft play
table tennis
trampolining
team sports

Burst costs £23 for a full day or £16 for half a day. Parents and carers can drop off 8.30 – 9am and pick up is 5pm – 5.30pm.

To book a place please call Westgate Leisure Chichester on 01243 785051, email lsargeant@chichester.gov.uk or see www.westgateleisure.co.uk.

Westgate Chichester is also inviting families to join in its **fun inflatables** sessions during the half term. As well as its giant 15-metre pool inflatable there are also floating mats and rings for extra fun. The sessions take place in the main pool on the following days:

Saturday 25 October:
Midday – 1pm

Tuesday 28 October:
9.45am – 10.30am

Thursday 30 October
1.45pm – 2.30pm

Saturday 1 November:
Midday – 1pm

See www.westgateleisure.co.uk for more details or call 01243 785651.

At **The Grange Centre, Midhurst,** the half term programme will include:

Monday 27 October: £1 court hire – hire a badminton or squash court for only £1. 10am – 4pm

Tuesday 28 and Friday 31 October: Tiny tots – pay as you go soft play session for under fives. 9.30am – 11am

Thursday 30 October: South Coast Sports – team games and multi-sports activities for 5 – 11 year olds 10am – 3pm

Friday 31 October: Junior Badminton – coached session for juniors aged 10 – 16. 4pm – 5pm

Friday 31 October: Roller skating – pay as you go hour of roller skating for children. 4pm – 5pm

Councillor Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council, says "There is so much for youngsters and families to do. Our leisure services have organised some wonderful activities to help young people of all ages have fun and keep active and healthy at the same time. These activities are great value and I urge parents across the district to find out more about what the council is offering."

The council will also be running a series of Sport in the Community sessions during the half term for 6 – 15-year-olds. The sessions will include rugby, basketball and netball, football, bat and ball sports and racquet sports. All sessions are run by fully qualified coaches and take place 10am – 3pm. For further details email sport@chichester.gov.uk or call 01243 534857 or see www.chichester.gov.uk/sportinthecommunity

Go to www.chichester.gov.uk/leisureandculture for even more information about the opportunities available across the district.

What's On in your local area...

• Fri 7 Nov – Harbour Creekies Walk: Nutbourne, 10am / 2½ hours. Gentle walk in Chichester Harbour countryside to enjoy the views and fresh air. Today we take a stroll of 2 miles (3km) from Nutbourne along the shoreline to Prinsted and back via the orchards. There is one stile to cross on this walk. Fee £1 on the day. Meet: by footpath next to gate in Farm Lane (off A259), Nutbourne PO18 8SA. Roadside parking with consideration for local residents please.

•TALK – Sussex Family History Group – Chichester, Wednesday 29th October 2014. "The Great War 1914-1918" is the title of the presentation by Tony & Lizzie Gilks (Timespan Historical Presentations) to the Sussex Family History Group's Chichester Centre on Wednesday 29th October. Visitors very welcome, entrance free. Book stall and refreshments available. The presentation starts at 7.30pm in St George's Church Parish Centre, Cleveland Road, Chichester (entrance is behind the church). Parking available. More details 01243 787087 or visit www.sfhg.org.uk

• Peter Iden (1945-2012) Exhibition of paintings, watercolours, drawings and prints. Oxmarket Centre of Arts, St Andrew's Court, Chichester PO19 1YH. 01243 779103. www.oxmarket.com. 28 October to 9 November. Open 10am till 4.30pm every day except Mondays. Peter Iden lived and worked all his life in the Chichester area. Local landscapes, in particular the South Downs, feature in almost all his paintings. This exhibition will include some of his later, semi-abstract works in oils, alongside more traditional oil paintings, and watercolours dating from earlier in his career. Some, but not all, of the original works will be for sale. There will also be a selection of new Giclee prints, and a large variety of greetings cards.

• The Arun Sounds Ladies Barbershop Chorus are currently recruiting females of all ages and voice ranges who enjoy singing. The ability to read music is not essential. Rehearsals are held on Monday evenings 7.30 – 9.45 at Jubilee Community hall, off Chalcraft Lane, North Bersted, PO21 5TU and we look forward to welcoming interested visitors. We entertain at various engagements throughout the year and annually support a charity. Enquiries to 01243 826446 www.thearunsounds.co.uk.

• Chichester Art Society's autumn programme continues with a variety of events up to the end of the year. On Thursday November 6th 10.30am-12.30pm Andrew Forker gives a screen presentation of "Wildlife Painting From Start To Finish". On Thursday November 20th 6.30-8.45pm Brighton artist Curtis Tappenden adjudicates the Society's fourth annual award "The World of the Imagination", a good opportunity to see some of the members work. On Thursday December 4th 10.30am-12.30pm local artist Kate Tugwell explores "Colour Mixing", key to any successful painting. (Visitors to meetings £3, includes refreshments and raffle). The Society's popular Figures & Faces Workshops continue until November 25th. Portrait Study alternates with Life Study on Tuesday afternoons 1.30-4.30pm. These workshops are overseen by award winning local artist Lucie Cookson and there are six of each. Work in your preferred medium. Cost to non members is £11 or £10 if three or more sessions are booked in advance (Tea/coffee included). Portrait sessions are currently featuring actors in costume. The Society's venue is Bassil Shippam Centre, Tozer Way, St Pancras, where there is parking and easy access. For more information or to book places, contact the Secretary on 01243 602360 or email jean.campbell@zen.co.uk.

• Planetarium Shows and Dates
November 2014
Sunday 02 – 3.30pm,
Autumn Stars and Galaxies
Friday 07 – 7.30pm.
A Remarkable Landing on a Comet
Sunday 09 – 3.30pm,
A Remarkable Landing on a Comet
Friday 14 – 7.30pm, The Magic of Jupiter and its Moons
Sunday 16 – 3.30pm,
The Northern Lights
Tickets Adults £6.00, Children £4.00. Tickets are available to callers at the The Novium, Tower Street, Chichester.
Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only on the day.
A map showing our location can be found at www.southdowns.org.uk.
A map showing our location can be found at www.southdowns.org.uk.

•Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members. It meets every Tuesday at the Walnut Tree Runcton, and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

If you would like a non-profit or profit to charity event listed then send 70 words to events@ch.chesterherald.co.uk. All listings are subject to change without notice and entered here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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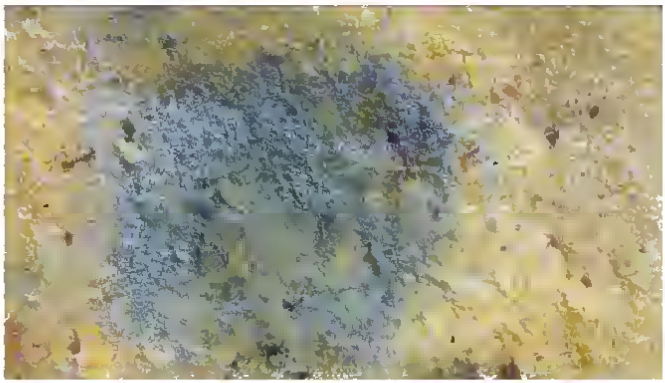
How safe is mouldy food to eat?



BRITISH FAMILIES throw away about seven million tonnes of food and drink every year, enough to fill Wembley stadium to the brim. Most of it is beyond its sell-by date, but how much could be safely eaten, asks MICHAEL MOSLEY

I've agreed to feast on a range of foods that have gone beyond their prime, guided by mould expert, Dr Patrick Hickey.

I realise it is going to be an unusual lunch when Hickey passes me a disposable contamination suit to wear. Before tucking in he also warns me that we will not be eating any foods that have passed their "use by" date. To do so would risk serious food poisoning.

With "best before" or "sell by" things are more flexible.

Our first course was some ageing cheddar. As he cuts away the mouldy part (being careful that the knife doesn't get contaminated by mould) he assures me the rest is safe to eat. Cheddar and parmesan are dry cheeses and because mould needs moisture to thrive, it doesn't normally penetrate far below the surface.

Some cheeses, of course, are deliberately infected with fungi. Penicillium roqueforti gives blue cheeses such as stilton and roquefort their flavour.

With most soft cheeses, however, unless the fungus has been deliberately introduced, the presence of mould suggests infection not just by unwelcome fungi but also harmful bacteria, such as listeria or salmonella. If that happens, throw it away.

Next, he pulls out some bread covered in small bits of white- and blue mould. He assures me that it will be fine, toasted, once the mouldy crusts have been cut off. "The moulds don't go deep," he says. "The time you really need to be worried about bread is when it has black bits on it." I decide to pass.

Then he digs out some long forgotten vegetables from the back of a fridge. The courgettes and carrots are covered in a horrible slime, which Hickey tells me is caused by bacterial colonies growing on the surface. Could I boil these up for soup?

"If you did," he says, "you'd probably develop terrible stomach ache in a couple of hours, followed by stomach cramps and diarrhoea."

So best thrown out.

Fruit normally lasts better than vegetables because the acid in fruit keeps harmful bacteria at bay. The moulds you find on jam, are fine – just scrape them off. There is, however, one fruit to be wary of.

"Apples," he tells me, "will keep for ages, but if there's a puncture in the skin, fungi can get in. There have been serious outbreaks in the past, incidents of people being poisoned by drinking bad apple juice, which contains a toxin called patulin."

Mouldy nuts are particularly dangerous because they harbour a fungus called Aspergillus flavus.

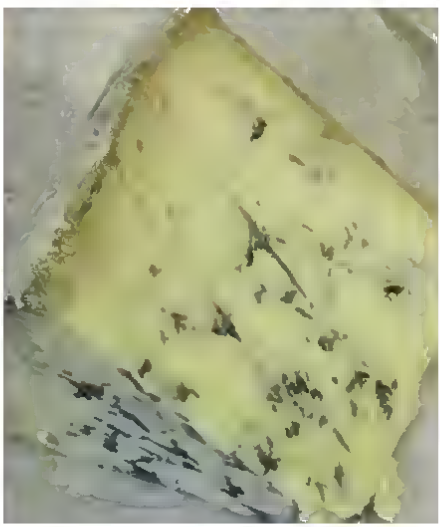
"This fungus," says Hickey, "produces one of the most deadly toxins known to humankind. The toxin accumulates in the liver and can cause liver cancer. If there's no mould on the shell and the internal part is sealed and protected, which these are, then we should be fine." He is right. We eat them. We survive.

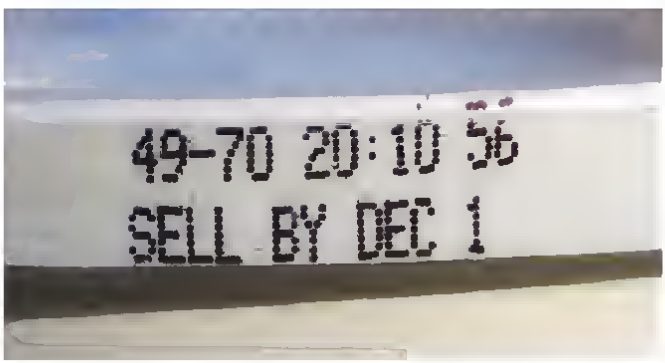
Although most foods are best eaten fresh, some starchy foods, such as pasta, rice and potatoes, may actually be healthier when consumed as leftovers rather than freshly cooked. Certainly better than tipping in the bin.

As I discovered in last week's episode of Trust Me I'm a Doctor, cooking starchy foods and then left hanging around at room temperature for any length of time, because it can harbour toxins that will give you food poisoning. But if leftover rice goes straight into the fridge after a meal it will be fine for a couple of days. I often use leftover rice to make egg fried rice.

The same applies to potatoes. Cold leftover potatoes, sliced and then lightly fried are a family favourite.

According to Wrap (Waste & Resources Action Programme) we throw away 24 million slices of bread, 1.5 million tomatoes and 1.4 million bananas every day.





cooling them down changes their structure, so they become more resistant to the enzymes in our gut that break carbohydrates down.

So if you eat cold pasta your body will absorb fewer calories, making this a dieter's dream.

What's even more surprising is that if **you take cold pasta and reheat it**, then it becomes even more "resistant", producing a 50% lower rise in blood glucose than fresh pasta.

Although we didn't test it, the same probably happens when you cool and heat other starchy foods like rice. You should never reheat cooked rice that has been.

These are a few suggestions as to what you can do to reduce this waste.

When you buy a large loaf of sliced bread, put half in the freezer. It will keep far longer and make good toast. It should also be a more 'resistant' form of starch.

Soft tomatoes can be cooked or turned into salsa. Here is one recipe which uses up both soft tomatoes and stale bread.

Overripe bananas can be used to make banana bread. The browner the better!

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Murrays Restaurant
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&
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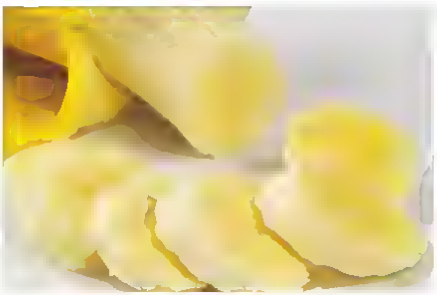
12 - 2pm and 5 - 7pm

Disease caused by over nutrition

Denise Kelly
Naturopath c
and Therap st

We now live in a world where diseases caused by over nutrition are far more common than diseases of under nutrition (starvation) Based on observations from times of under nutrition, we can expect that our bodies are efficiently making epigenetic changes that will enhance the human race. Genes are being turned on to deal with excesses of acidic fat, protein, cholesterol, and environmental chemicals, all at levels never before faced by past populations Although epigenetic changes may blunt the impact of high toxicity within the body, they cannot compensate fully And as before, these adaptations will be passed on to subsequent generations with unknown results to their health. Fortunately, modifications in gene expression now being caused by over-nutrition are reversible Studies of people and laboratory animals have identified many chemicals found in foods that result in both helpful and harmful gene expressions Not surprisingly, plants make beneficial chemicals For example, folate from plants causes favorable changes For maximum benefit and minimal risk, this natural chemical must be consumed in the right package, like a bean or banana and ideally, not as a pill The body recognizes food substances and utilizes the goodness more effectively



Acidic animal foods, such as meat, poultry, cheese, milk, and eggs are well recognized as the primary cause of obesity, heart disease, and common cancers in people following the Western diet Choline, a chemical found in high concentration in animal foods, has profound effects on gene expression and is considered to be an important factor in our modern day diseases

Calorie-restricted diets have also been shown to result in epigenetic changes that are associated with weight loss, and a reduced risk of developing diabetes, heart disease, and cancers Other than by involuntary starvation (as seen with the Danes and Swedes), the natural, appetite-satisfying, health-enhancing way to restrict calories is to replace meat, dairy, and oils in the diet with alkalizing fruit (avocado, cucumber, peppers, lemon, lime etc.), and vegetables, especially green vegetables The science of epigenetics is new and interactions between our environment and our genes are complex. But we know enough about epigenetics to stem the tide in the rise of obesity, heart disease, and cancers for people living in western societies for now and the future Proper nurturing (by health-supportive foods) will bring out the best in our genes. The fact that the vast majority of people have survived successfully on plant (more exactly, alkaline-) based diets for all of verifiable human history should be sufficient evidence for us to make the right food choices now

CONCLUSION ABOUT GENES'

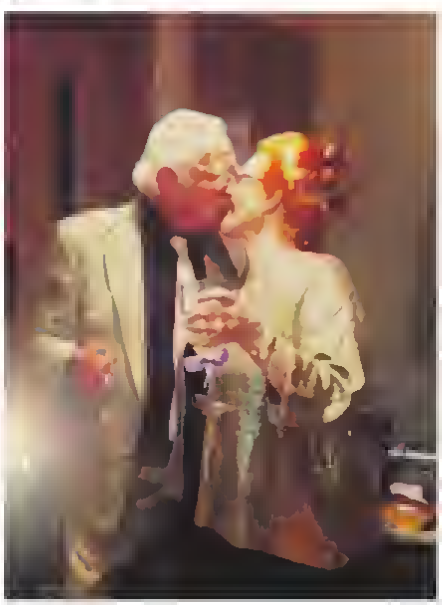
Good genes are "turned on" by a healthy alkaline environment, just as "bad genes" are silenced by a healthy alkaline environment In practical terms "a healthy alkaline environment" means a alkaline plant based diet with a lifestyle of low stress daily exercise spiritual connection and restful sleep.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world For more information contact her: www.denisekelly.co.uk info@denisekelly.co.uk @DrKNutrition 07730671436

Cherish every moment

by Denise Ke



SOMETIMES in life, age gaps, where friends are concerned, simply do not matter. There are very few people you meet that never grow old and my beautiful friend Margaret Harcourt was one of them.

I met her and her husband Ronnie over 27 years ago as the parents of one of my friends. Little did I know they would be life long friends, supporting me in my career, birthday celebrations and personal life forever more. They were like extended family to me and I loved their infectious spark and enthusiasm for life. Margaret was the kind of person that lit up a room when she walked in. With her kindness and laughter she was always so welcoming every time you went to their house, whatever time of day or night that happened to be!

During her career she worked all over the world as a travel consultant for Jet Save and settled down to have her three beloved boys after marrying Ronnie 66 years ago. They were one of the happiest marriages I have had the privilege to know. As a couple they took any opportunity to be involved in the community, throw a party, and live life to the full. Their photo albums are bursting with parties, fun, friends and love.

Sadly, last week we lost one of life's treasures and Margaret passed away. Ronnie has not been able to contact all her friends that knew her, so asked me to put a special mention in the paper to give the details of her funeral. Everyone is welcome to Chichester Crematorium at 2.45 on Friday 24 October and the Celebration of her life is to be held at the Selsey Club, Selsey from 4.00.

You could write a movie about their full and colourful lives. They have had as much joy as they have tragedy but they never, ever complained about anything. They overcame adversity, and learned to rebuild their lives again after the death of one of their sons, Paul. But in typical fashion then decided to plow all their energy and time into helping others in similar circumstances literally 24/7. But their love for life, for their friends and family, and their love for each other got them through it.

In my eyes and many others, Margaret was a magical human being, spreading happiness wherever she went. I am truly honored and blessed to have known such a wonderfully strong woman, with a heart as big as eternity. Margaret you made an impact on my life and many others.

Sending love and light to Ronnie and all his family.

May you rest in peace.

You will be in our memories forever and thank you for being in our lives.

Are you unhappy about the appearance of varicose veins?

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Property

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FEATURE PROPERTY:
ALDWICK BAY ESTATE
£465,000

A detached character cottage situated in a private marine estate approx. 400 yards from the beach. The specification of this picturesque property includes g.f.h., u.P.V.C. d/glazing, lounge, dining room, rear sitting room, kitchen with breakfast room, shower room, four bedrooms, bathroom, separate w.c., tandam garage with utility area and gardens to front and rear. EPC Rating C

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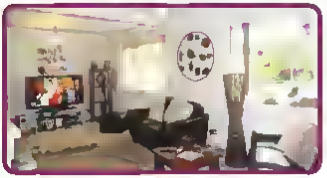
ALDWICK **£349,950**

An extended three bedroom detached house situated in a cul de-sac within 400 yards of shops, schools and bus services. This well presented property includes a dual aspect living room, an extended L shaped kitchen/dining room, ground floor bedroom/playroom, ground floor bathroom master bedroom with en suite shower room and dressing room, second bedroom with en suite shower room, garage, gardens with a summer house and hot tub. EPC Rating D



ALDWICK **£850,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate. This enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden. This well presented property includes g.f.h., u.P.V.C. dg/glazing, cloakroom, sitting room, morning room, dining room, study, kitchen/breakfast room, utility area, master bedroom with balcony & en suite bathroom, 3 further bedrooms, second bathroom, double garage, courtyard front garden with parking for additional vehicles & a South facing rear garden. EPC RATING D

CRAIGWEIL PRIVATE ESTATE **£775,000**

Well presented modern detached house situated in private marine estate around 200 yards from the beach. Large South facing lounge, spacious dining room, versatile dual aspect study, kit/breakfast room, utility room, an unusual curved staircase and landing, master bedroom with en suite bathroom and balcony, three further bedrooms, family bathroom, detached double garage and gardens including a South facing rear. EPC Rating D

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marina estate with n 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£650,000**

A Character house situated on a corner plot. The specification of this well presented property includes g.f.h. dble glazing, dual aspect lounge and sep. dining room, kitchen/breakfast room with conservatory extension, utility room, master bedroom with en suite shower room, four further bedrooms, family bathroom, separate w.c., garage and good size gardens. EPC Rating E

ALDWICK **£379,950**

A well presented detached house situated within approx. half a mile of the beach, shopping facilities and schools. The property has been made the subject of a programme of remodelling & refurbishment by the current owners. G.F.H., u.P.V.C. dble glazing, cloakroom, good sized dual aspect lounge with attached conservatory, fitted kitchen with arched opening to the dining room, utility room, three bedrooms, refitted bathroom, garage, parking for several vehicles and gardens including a 100' rear. EPC Rating C.

BOGNOR REGIS **£219,000**

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Audi claims self-drive car speed record after German test

THE GERMAN CAR giant says its RS7 vehicle topped 149mph (240km/h) while driving uncrewed round the Hockenheim racing circuit, south of Frankfurt.

The car took just over two minutes to complete a lap of the Grand Prix track.

Sunday's stunt was organised to highlight the firm's efforts to bring "piloted driving" to road vehicles. But one expert cautioned that several hurdles still needed to be overcome.

Audi – a division of Volkswagen – also put a human behind the wheel of the vehicle for a comparison lap. He took five seconds longer to complete the circuit.

A member of the car company's research team explained that it believed the innovation could ultimately be used by the public.

"I know accident-free driving will remain a vision. But at least we can reduce the number of accidents in the future," said Dr Horst Glaser.

"Piloted driving defuses situations like, for example, being in a traffic jam. Whenever the driver is distracted and inattentive the car could take over.

"Additionally the driver has a chance to relax. That means they are on full alert as soon as their attention is required again."

The RS7 used a combination of cameras, laser scanners, GPS location data, radio transmissions and radar sensors to guide itself around the track, with the data processed by computing equipment that filled its boot.

The experiment marked a high point after 15 years of research by the firm in the US and Europe.

However, one industry-watcher noted that a speed test on an otherwise empty racetrack was very different to the day-to-day driving conditions such vehicles would one day experience.

"I think we will see driverless cars on our roads within a decade, but there's clearly still a lot of work to do," said Prof David Bailey from Aston Business School.

"You need to make sure they interact with other driverless cars as well as those piloted by humans – you've got to make sure the software absolutely works."

He added that the insurance industry also needed to grapple with the concept.

"One of the big issues is what happens if there is an accident," he explained.

"Who is responsible? Is it the driver even if they are not driving? Is it the car company? Is it the software company? There are a whole load of legal issues to sort out.

"But there could be big savings for the economy in terms of far fewer accidents and more efficient travel."

Audi is far from alone in this field of research.

Another German manufacturer, Mercedes, showed off a rival computer-controlled version of its S-class car recently.

Other car companies including Daimler, Volvo, Toyota, Tesla and BMW are also experimenting with artificial intelligence-directed vehicles, as are other tech firms including Google, Panasonic and Autoliv.

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Football

350 miles well worth it as a long week comes to an end

CHICHESTER have travelled 350 miles in the last week but it has been worth it. With three wins from three, long away journeys adding three points to the league campaign, a place in round two of the Sussex Senior Cup and a quarter final spot in the Peter Bentley Cup.

A hat trick by Joe Gromett earned Chichester City a 5-1 win and a place in the second round of the county cup – despite a shock start to the game at Westfield.

David Pugh gave the Sussex League division two hosts a fourth minute lead and it took Sean Forry's team a while to find their feet.

Once they did there was only going to be one winner by half time, goals by Gromett and Morgan Forry had put them 2-1 up.

For Forry, it was a goal in his opening game for the first XI this season following some fine form for the reserves.

Gromett scored on 50 minutes and the hour to complete his hat trick and Tom Groom added the fifth with 20 minutes left.

City had Luke Kilner and Ben Buckland in the squad, the pair having returned to the club from Worthing and Petersfield respectively.

City: Ender, Boulton, Northeast, Powlie, Hegarty, Kilner, Groom, Pearce, Bush, Forry, Gromett, Subs: Buckland, Yates.

CHICHESTER claimed a notable scalp when they defeated last year's FA Vase semi-finalists Eastbourne United 2-1 at Princes Park Oval.

City fell behind within the first five minutes when a Wes Tate through-ball found Charlie Osborne, whose perfectly-timed run enabled him to strike the back of the net.

Eastbourne had much of the play but failed to build on their solitary goal, and they were made to pay for it after the break.

Two goals in the space of six minutes turned the game around and handed City the advantage. First, Dan Hegarty was left unmarked and despatched the ball past keeper Russell Tanner and soon afterwards the lively Alex Ansa slipped round the opposing defence to slide in what proved the winner.

Eastbourne almost grabbed a last-gasp equaliser during added time when City's Anthony Ender failed to deal with a cross, but defender Ben Buckland was on hand to clear Kele Buay's shot off the goal line.

CITY: Ender, Ayres, Gilbert, Boniface, Hegarty, Ansa, Smith, Pearce, Groom, Gromett, Bush. Subs: Gaze, Buckland, Boulton.

Chichester returned to Eastbourne Utd in midweek in the Peter Bentley Cup and won 2-0 thanks to goals by Morgan Forry and Tom Groom.

City are at home to Hassocks in the league on Saturday where they will be fresh after a light recovery training session on Thursday.

Itchenor Sailing Club host successful Swallow Invitation Day

THE ITCHENOR SAILING CLUB Swallow Fleet held a very successful guest day last Sunday with fourteen guests joining the regular fleet to enjoy a taster of fast keelboat racing in champagne sailing conditions on Chichester Harbour.

The sun was out, the temperature warm and the wind was in no short supply. Gusts of up to 27 knots were recorded on the Cambermet weather beacon whilst racing was taking place in the morning. Sailing was followed by a lunch and prize giving at the clubhouse.

The guests were all experienced dinghy sailors looking to make the move to close racing in fast keelboats and conditions could not have been better.

If you would like to be part of this for next year the fleet has boats available for sale and charter plus opportunities to crew. Contact Ghristine Graves on cgravesbosham@gmail.com for more information.

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